

NBCOT OTR Study Guide

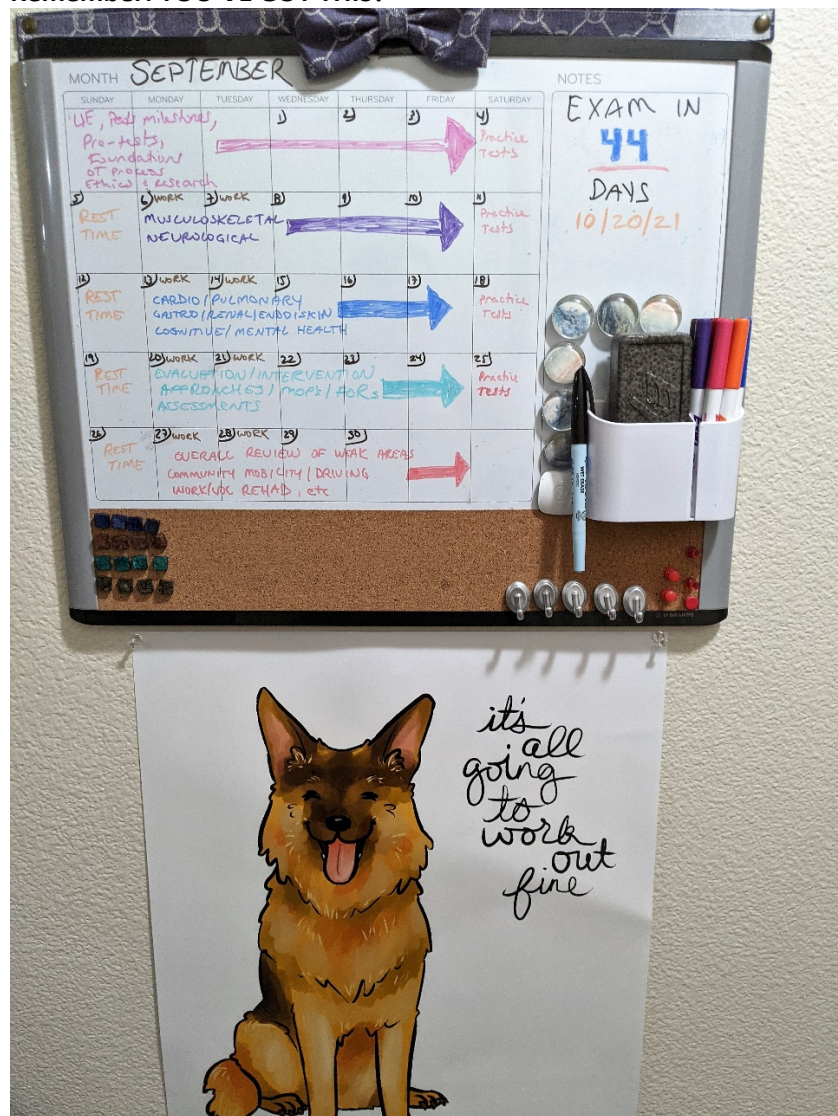
Resources used

- [TherapyEd National Occupational Therapist Certification Exam Review and Study Guide \(9th Ed\)](#)
 - Book and online test resources
- [Occupational Therapy Examination Review Guide \(5th Ed\)](#)
 - Book and online test resources
- [NBCOT Exam Study Pack](#)
 - Flashcards, Games, Practice Sims and Exams
- [AOTA NBCOT Exam Prep](#)
 - Flashcards, Games, PDFs and Practice Questions
- [The Missing Piece OT \(TMPOT\)](#)
 - PDFs
- [OT Miri YouTube Videos](#)
- [OT Exam Prepper Podcast](#)
- [OT Exam Audio Podcast](#)
- [Picmonic for OT](#)

Note: This study guide follows the TherapyEd text's order of content. The guide offers several resources to meet different learning styles. You may not have to do and read everything, nor cover every topic in fine detail. The first week of self-assessment and pre-testing will guide you to which areas to hone your focus.

Guide Created By Jenn Hutchinson, OTD - EnbyOT.com

Remember: YOU'VE GOT THIS!



Study Schedule

Week	Topic/Focus	Read	Watch/Listen	Do
1	<p>Getting acquainted with the NBCOT process</p> <p>Self-Assessment</p> <ul style="list-style-type: none"> • Self-evaluations • Pre-testing 	<p>TherapyEd</p> <ul style="list-style-type: none"> • Ch 1-2 <p>TMPOT PDFs</p> <ul style="list-style-type: none"> • Navigating Questions • Breaking Down Questions • Clinical Simulation • Topic Checklist 	<p>OT Miri</p> <ul style="list-style-type: none"> • Test Taking Strategies series <p>OT Exam Prepper</p> <ul style="list-style-type: none"> • Study and Testing Strategies <p>OT Exam Audio</p> <ul style="list-style-type: none"> • Intro 	<p>Practice Tests</p> <ul style="list-style-type: none"> • NBCOT Pre-Test • NBCOT Domains 1-4 self evals • AOTA NBCOT Pre-Test • OT Exam Review Guide Simulation Exam 1
2	<p>Foundations</p> <ul style="list-style-type: none"> • OT Process • OT Management • Ethics and SOPs • Research • OT throughout lifespan <ul style="list-style-type: none"> ○ Peds ○ Aging 	<p>TherapyEd</p> <ul style="list-style-type: none"> • Ch 3-8 <p>AOTA PDFs</p> <ul style="list-style-type: none"> • Ethics • Standards of Practice • Pediatrics <p>TMPOT PDFs</p> <ul style="list-style-type: none"> • Children and Adolescents • Consultive Roles • Ethics • Leading and Managing OT • OT vs OTA vs OT Aide • Research in OT • The OT Process • Treatment Settings 	<p>OT Miri</p> <ul style="list-style-type: none"> • Ethics series • Pediatrics series <p>OT Exam Prepper</p> <ul style="list-style-type: none"> • Pediatric Developmental Milestones <p>OT Exam Audio</p> <ul style="list-style-type: none"> • Ethics <p>Picmonic</p> <ul style="list-style-type: none"> • APGAR Score • Pediatric Developmental Milestones series • Pediatric conditions series 	<p>Flashcards and Games</p> <ul style="list-style-type: none"> • AOTA flashcards and games in related areas • NBCOT D4 flashcards and knowledge match <p>Practice Questions</p> <ul style="list-style-type: none"> • Daily Picmonic Quizzes • NBCOT D4 Mini Test • NBCOT Clinical Sim 1 • AOTA Practice Dashboard <ul style="list-style-type: none"> ○ Ethics ○ Standards of Practice ○ Pediatric Assessment and Intervention • AOTA Practice Sims in related areas

			<ul style="list-style-type: none"> Developmental Theorists series Research series 	<ul style="list-style-type: none"> OT Exam Review Guide Practice Questions <p>Practice Tests</p> <ul style="list-style-type: none"> OT Exam Review Guide Simulation Exam 2 TherapyEd Exam 1
3	<p>Conditions</p> <ul style="list-style-type: none"> Musculoskeletal Neuro 	<p>TherapyEd</p> <ul style="list-style-type: none"> Ch 6-7 <p>AOTA PDFs</p> <ul style="list-style-type: none"> Musculoskeletal Impairments Hand and UE Burns Neurodegenerative Diseases Neurological Impairments <p>TMPOT PDFs</p> <ul style="list-style-type: none"> Arthritis ASD and CP Brain Lesions Burn Rehab CP Interventions CRPS Degenerative Conditions Musculoskeletal and Ortho Neurological Disorders 	<p>OT Miri</p> <ul style="list-style-type: none"> Musculoskeletal series Neurological series <p>OT Exam Prepper</p> <ul style="list-style-type: none"> Rancho Los Amigos Median, Radial, and Ulnar Nerve Injuries SCI Splints Burns <p>OT Exam Audio</p> <ul style="list-style-type: none"> Hand and UE Burns SCI Splinting <p>Picmonic</p> <ul style="list-style-type: none"> Nerve Palsies series UE related videos Alzheimer and dementia series Burns series 	<p>Flashcards and Games</p> <ul style="list-style-type: none"> AOTA flashcards and games in related areas NBCOT D2 and D3 flashcards and knowledge match in related areas <p>Practice Questions</p> <ul style="list-style-type: none"> Daily Picmonic Quizzes NBCOT D2 and D3 Mini Tests NBCOT Clinical Sim 2 AOTA Practice Dashboard <ul style="list-style-type: none"> Burns Hand and UE Musculoskeletal Neurodegenerative Neurologic AOTA Practice Sims in related areas OT Exam Review Guide Practice Questions

		<ul style="list-style-type: none"> • Ranchos Los Amigos • UE Injury, Interventions, and Orthotics • Wound Care 	<ul style="list-style-type: none"> • Neuro condition series (stroke, CP, GBS, MS, Parkinson's, Huntington's, TBI) • Types of Seizures • Amputation and Fractures videos • TKR and Hip Surgery • SCI related series (autonomic dysreflexia, cauda equina, spina bifida) • Pain Assessment • Musculoskeletal series (OI, osteoporosis, arthritis) 	<p>Practice Tests</p> <ul style="list-style-type: none"> • OT Exam Review Guide Simulation Exam 3 • TherapyEd Exam 2
4	<p>Conditions</p> <ul style="list-style-type: none"> • Cardiopulmonary • Gastro, Renal, Endocrine, Immunological, Integumentary • Psychological and Cognitive 	<p>TherapyEd</p> <ul style="list-style-type: none"> • Ch 8-10 <p>AOTA PDFs</p> <ul style="list-style-type: none"> • Cardiopulmonary • Adult MH • Pediatric MH <p>TMPOT PDFs</p> <ul style="list-style-type: none"> • Cardiopulmonary • Cognitive Deficits and Interventions • Eating and Swallowing • Mental Health 	<p>OT Miri</p> <ul style="list-style-type: none"> • MET Levels <p>OT Exam Prepper</p> <ul style="list-style-type: none"> • MET Levels • Allen Cognitive Levels <p>OT Exam Audio</p> <ul style="list-style-type: none"> • MET Levels • YOUR Mental Health <p>Picmonic</p> <ul style="list-style-type: none"> • Psychiatric conditions series • Diabetes series • Down Syndrome 	<p>Flashcards and Games</p> <ul style="list-style-type: none"> • AOTA flashcards and games in related areas • NBCOT D1 flashcards and knowledge match in related areas <p>Practice Questions</p> <ul style="list-style-type: none"> • Daily Picmonic Quizzes • NBCOT D1 Mini Tests • NBCOT Clinical Sim 3 • AOTA Practice Dashboard <ul style="list-style-type: none"> ○ Cardiopulmonary ○ MH Adult ○ MH Peds

			<ul style="list-style-type: none"> • ADD/ADHD • Cardio-pulmonary series (MI, CAD, HTN, COPD, DVT, O2 delivery) • Wound series • Incontinence series • Vital signs • Skin related series (pressure ulcers, Braden scale) 	<ul style="list-style-type: none"> • AOTA Practice Sims in related areas • OT Exam Review Guide Practice Questions <p>Practice Tests</p> <ul style="list-style-type: none"> • OT Exam Review Guide Simulation Exam 4
5	<p>Evaluation and Intervention</p> <ul style="list-style-type: none"> • Biomechanical • Neuro • Cognitive-Perceptual • Psychosocial • Occupational Performance • Environment 	<p>TherapyEd</p> <ul style="list-style-type: none"> • Ch 11-16 <p>AOTA PDFs</p> <ul style="list-style-type: none"> • Community Mobility • Driving • Low Vision • Occ/Voc Rehab • Wheelchair • Other Topics <p>TMPOT PDFs</p> <ul style="list-style-type: none"> • OT Assessments • PAMs • Abnormal Tone • Edema Management • Grading and Adapting • Intervention Approaches • MMT • Models and FoR 	<p>OT Miri</p> <ul style="list-style-type: none"> • Frames of Reference series <p>OT Exam Prepper</p> <ul style="list-style-type: none"> • Ashworth Scale • MMT • Models and FoR <p>OT Exam Audio</p> <ul style="list-style-type: none"> • PAMs <p>Picmonic</p> <ul style="list-style-type: none"> • Neurovascular assessment • Vision Related series (AMD, glaucoma, cataracts) • Hearing related series (otitis media) • Fall Prevention • Adaptive equipment series (walker, cane) 	<p>Flashcards and Games</p> <ul style="list-style-type: none"> • AOTA flashcards and games in related areas <p>Practice Questions</p> <ul style="list-style-type: none"> • Daily Picmonic Quizzes • NBCOT D1-D4 Practice Tests • AOTA Practice Dashboard <ul style="list-style-type: none"> ○ Community Mobility ○ Driving ○ Low Vision ○ Occ/Voc Rehab ○ Wheelchair ○ Activity Analysis, AT, EBR, Home Accessibility • AOTA Practice Sims in related areas • OT Exam Review Guide Practice Questions

		<ul style="list-style-type: none"> • Motor Learning • Social Participation • Adaptive Equipment • Low Vision • Vocational Rehab • Wheelchairs 		Practice Tests <ul style="list-style-type: none"> • AOTA Clinical Sim Practice Test • NBCOT Practice Tests <ul style="list-style-type: none"> ○ M/C and CST
6	Practice, Practice, Practice! Remember to REST! Take a much deserved break a few days before the exam! <u>It's about that occupational balance, y'all!</u>	Review weaker areas as needed, no more new information!		Practice Questions <ul style="list-style-type: none"> • AOTA retired NBCOT questions Practice Tests <ul style="list-style-type: none"> • AOTA Full Practice Test • NBCOT Full Practice Exam